GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent
Apples Are One of Our Most Healthful Foods

As we enjoy delicious apples and apple products this winter, it may be of interest to consider the origin and history of this most important fruit. With the possible exception of the grape, apples are probably more widely grown in more places in the world than any other fruit crop.

Apples have been a favorite fruit of man since the earliest prehistoric times. Wherever the Garden of Eden existed, the apple probably evolved close by. The mountainous area south of the Caspian and Black Seas seems to have been the place where the apple originated. It also seems that the Garden of Eden may have been in this part of Asia.

Apples occupied such an important place in the lives of the early Greeks and Romans, that stories of them are found in their literature and mythology. Dried apples and apple seeds have been found in the ruins of villages of the prehistoric Swiss lake dwellers.

The earliest settlers in America brought apple seeds and small trees. Small orchards were an important part of the diversified farms in most of the eastern and central states. Many landowners, such as George Washington, insisted that their tenants plant and maintain apple orchards.

Until relatively recent times, one of the principal uses of apples was as juice or cider. The fermented juice in particular was a popular and easily secured beverage. It could be stored for use during the entire year, whereas fresh apples would keep for only a relatively few months in the average farm cellar.

The men who came from England to settle in Virginia drank very little water. Those of social standing had been accustomed to wine, and the working class to beer. Cider was made in large quantities because European grapes could not be grown satisfactorily in the eastern U.S., and wild grapes produced poor wine. The yield of orchards was commonly cited in barrels of cider.

The virtues of apple cider were extrolled in many books and treatises. It was promoted as the ideal food suited to a tired condition. Many writers stressed the superiority of cider over grape wine, or stronger beverages. One author stated that as an article of diet, a more healthful and invigorating drink could not be obtained from any source, or at less expense.

Dried apples became a particularly important industry during colonial times. They could be stored for many months, and could be shipped easily to local or distant markets. Children asked for them in their lunch pail at school. Dried apples could also be exchanged at the country store for cloth, spices, and other items needed in the home.

And now in modern times, as a result of superior varieties and improved storage facilities, we have crisp, juicy apples during the entire year. Many types of apple products are also available such as sauce, slices, fried apples, jelly, juice, wine, and apple butter. The average consumption of apples amounts to about 25 pounds per person each year. Apples are relatively low in calories and are a good source of calcium, vitamins A and C.

And so, our diet and our lives are much enriched by the many fresh and processed apple products which are available. As you munch a tasty apple or sip apple juice, you may well remember the long and important history of this fruit. It has made an outstanding contribution to the growth and economy of the U.S.

RECIPE OF THE WEEK
Coca-Cola Salad

2 pkgs Cherry gelatin
½ cup water
1 lg. can Bing cherries, drained
Bring to a boil the juice from cherries and the ½ cup of water. Add to gelatin. Add cherries and the following ingredients:
1 No. 2 can crushed pineapple
½ cup nuts
2 small Cokes
Chill until firm.

Broadway Musical To Be Presented January 29

Lynchburg gets a living piece of theatrical history when the Broadway musical hit, "Irene", plays Jan. 29 at E. C. Glass High School, starring the popular television personality Virginia Graham, making her musical comedy debut. Miss Graham, besides starring in television on the popular shows, "Girl Talk" and "The New Virginia Graham Show," has played to SRO houses everywhere she has performed on stage in such plays as "Butterflies Are Free" and "Barefoot In The Park." Curtain time for this Broadway Theater League production is 8 p.m. - Call 384-1686 for tickets.

First produced on Broadway in 1919, "Irene" was one of the biggest hits of its day. It went on to achieve a record breaking run (for that period) of 670 performances. At one time there were seventeen companies touring the United States and a London production was equally successful. Two hit screen versions followed during the next couple of decades and there was even a highly touted radio version.

In 1973, "Irene" proved there was still more than a little life in the old girl yet. A new production opened on Broadway and soon every existing theatrical box-office record was broken.

It's not difficult to see why the public has been so taken with "Irene." The score is brimming with such tuneful hits as "Alice Blue Gown", "You Made Me Love You" and the title song. There are many show-stopping dance numbers and a multitude of beautiful, lavish costumes and sets.

Perhaps syndicated columnist Earl Wilson summed it up best when he said that "Irene" was not only a musical sensation, but the people's choice!

Wedding Invitations, Informals on sale at **The Times-Virginian**, Phone 352-8215 - Appomattox, Va. 1-15-tf

photo by Robert E. Pankey

Program of Music To Be Presented At Methodist Church Sunday Evening

The "Fellowship Four and Jackie Cobb", a singing group from Trinity United Methodist, will present a program of music at the Memorial United Methodist Church on Sunday evening, January 25 at 7:00 p.m.

The group, shown above, includes, left to right, George Cheatham, Sammy Carter, Jackie Cobb, Cliff Drinkard, and Tommy Drinkard. They have been singing together for about two years.

The public is invited to come out and hear this group present a program of gospel music.

GRADUATES

Wichita Falls, Tex.–Airman Dean J. Paulette, son of Mr. and Mrs. Leon Paulette of Evergreen, Va., has graduated at Sheppard AFB, Tex., from the U. S. Air Force aircraft mechanic course conducted by the Air Training Command.

The airman, who learned to maintain and service turboprop aircraft, is being assigned to Pope AFB, N.C., for duty with a unit of the Military Airlift Command.

Airman Paulette is a 1975 graduate of Appomattox County High School.

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Area Youth Enjoys Clay Pipe Collecting Hobby

Gable Atkins, an eighth grade student at Appomattox Middle School, has one of the rare pipe collections from the old Pamplin Clay Pipe Factory. Shown above with his collection, Gable is holding a rare Blackwell Durham pipe, only four are known to have been found in this area.

The Pamplin Pipe Factory was for years a leading manufacturer of red clay pipes that were shipped all over the United States. The factory produced pipes until the late 1940's and they have recently become a valuable collector's item.

For thousands of years man has gained pleasure and relaxation from smoking tobacco in pipes. Various materials and methods have been used over the years for making pipes, but clay has been a favorite. In central Virginia or the Piedmont area, clay is of a fine quality for making pipes. Its richness in iron oxide gives it a dark red color and its consistency makes it ideal.

Around Pamplin City in Southeast Appomattox County the clay was responsible for the interesting home and manufacturing industry of making clay pipes.

Gable started his collection two years ago and with encouragement from his parents has gotten together a real valuable collection of clay pipes. He first became interested after finding his first pipe and has been "digging" ever since. Some from his collection were found when the new Route 460 underpass was constructed last year.

Gable is the son of Mr. and Mrs. Avery B. Atkins of Route 1, Pamplin.

MAGNETIC SIGNS for your car or truck - Phone 352-8215 - Appomattox, Va. 1-15-tf

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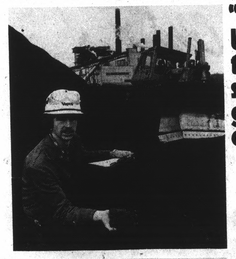

"Over $25 million will be saved on electric bills this year, because we've switched two of these generating units from oil to coal."

"We save on electricity at home by keeping the thermostat at 68 degrees during the day...and turning it back further at night."

The increase in fuel prices is the biggest reason for the increase in your electric bill. The oil we use to generate electricity costs four times what it did in mid-1973. Coal prices have increased too, but not as drastically. That's why we've switched the two largest generating units at Chesterfield Power Station from oil to coal. It isn't economical, or in some cases environmentally sound, to change all our oil burning plants to coal. But where we can switch and save money, the savings show up on your bill.

Savings like these not only help you today... they will reduce our consumption of foreign oil by more than 9 million barrels per year. And that's another step toward America's energy independence.

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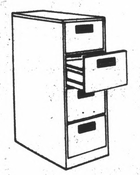

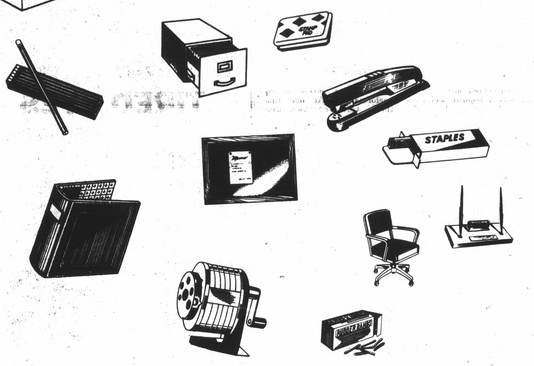

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